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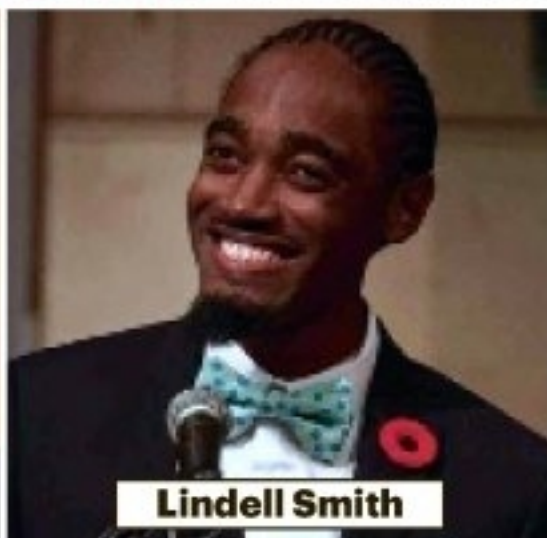


WHAT WILL YOU DO FIRST?

Metro asks Halifax council's new kids on the block **metroNEWS**



Sam Austin



Lindell Smith



Shawn Cleary



Richard Zurowski



Lisa Blackburn

ALL PHOTOS: JEFF HARPER/METRO

Teacher impasse: Conciliation off the table

TEACHERS' STRIKE MANDATE

Back-and-forth between two sides continues



Haley
Ryan
Metro | Halifax

Teachers and the province will have to try other options after

a disagreement on terms killed the possibility of a conciliation board.

After the Nova Scotia Teachers Union (NSTU) asked the province to agree to a conciliation board, Education Minister Karen Casey sent a letter to the union Monday night describing conditions to such a move.

As part of those conditions, Casey's letter said salary would only be discussed if the union

could find savings to "offset" any increases, and no benefit issues could be referred to the board besides the Service Award/Death Benefit which would be frozen as outlined in the last tentative agreement.

"We will not be heard in this process if it goes ahead with the government dictating what we can and can't discuss," Liette Doucet, NSTU president, said Tuesday in response.

In a statement Tuesday, Casey said the government agreed to convene a conciliation board "but the (NSTU) declined that opportunity."

The deadline to agree to a conciliation board was midnight Tuesday. Appointing the board would have delayed the timeline around a potential strike, which could happen as of Dec. 3.

Doucet said the union would've had issues with "any"

conditions, but seeing salary and monetary items singled out gives concern the province isn't "willing to discuss putting money into improving conditions in the classroom."

Since the board is non-binding step, Doucet said she "didn't expect" to see any conditions because a report coming out of the board that wasn't agreeable to both sides wouldn't be accepted.

"I'm not really sure why the

government would not agree to discuss all of the issues," Doucet said.

Doucet said the NSTU will now look into other "possibilities and avenues," including mediation or going back to the bargaining table.

"Our options are becoming more and more limited, but again we want to try everything. We don't want to be on strike," Doucet said.

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Justin Trudeau The Platform

Liberal

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Justin Trudeau

Open Letter to Public Servants
September 25, 2015

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Cultivating community

URBAN FARMING

Common Roots cap off harvest with pumpkin-smashing event



Adina Bresge
For Metro | Halifax

Jayne Melrose says an urban garden can be like a church — a sanctuary where communities bloom, grounded by a common cause.

As Common Roots Urban Farm wraps up its fifth year of harvest, project coordinator Melrose says its yields have grown in lockstep with Halifax's thriving urban gardening scene.

"The local food movement is becoming stronger," says Melrose.

"It's something that people can actively do for their own personal health. It connects to the bigger questions around climate change, being engaged in your community and the rising costs of food."

Melrose says in the past the farm has expanded alongside community interest, but with all 175 garden plots rented and a 150-person waiting list this year, they have had to focus on "densifying" their crops rather than adding more beds.

The gardens — and gardeners — have become more diverse over the years, Melrose says.

The farm has partnered with Immigrant Services Association of Nova Scotia to bring in volunteers from all over the world, each sowing the horticulture of their homeland.

As the public square shifts



Impromptu band the Pumpkin Smashers, from left Tim Hutchings, Matthew Whiston, Mark Bachynski and Ryan Cox, will be playing at an end of season fundraiser at the Common Roots Urban Farm this weekend. **JEFF HARPER/METRO**

“There's lots and lots of people growing even the tiniest bit of food because they recognize the benefits. Jayne Melrose

away from religious institutions, Melrose says, gardens can serve as cross-cultural "community centres."

"Once you're gardening, everybody has a shared activity so it's easy to strike up a conversation," says Melrose.

"Everyone eats."

Melrose says tending the soil and watching something grow can be therapeutic. She says the farm has received several "love notes" from patients at the nearby QEII Health Sciences Centre who say even

the sight of the farm through the window has helped them.

City slickers especially relish the chance to get their hands dirty and reconnect with nature, says Melrose. More and more, she says gardens are sprouting up in people's backyards, balconies and living rooms.

"When I'm shopping for clothes ... people start telling me about their gardens," she says. "There's lots and lots of people growing even the tini-

est bit of food because they recognize the benefits."

While Common Roots has closed up shop for the winter, they're capping harvest season with a hootenanny this Saturday, inviting one and all to smash their ripened jack-o'-lanterns into mush for next year's compost.

Organizers say the event will feature multicultural eats and entertainment, as well as a feature act with some of Halifax's top musicians who have joined

forces to form a Smashing Pumpkins cover band called the Pumpkin Smashers.

+ IF YOU GO

The Harvest Hootenanny and Pumpkin Smash is Saturday, Nov. 5 from 1-5 p.m. Common Roots Urban Farm is at the corner of Bell Road and Robie Street.

PRODUCE

Sackville garden to address growing hunger for healthy eats

The Acadia Recreation Club is sowing seeds for a program to address food insecurity in Sackville and a growing hunger for healthy grocery deals in the area, according to a new project survey.

Project manager David Craig says the Sackville Food Garden Project plans to plant a com-

munity garden in the community by spring of next year, and he hopes the program will only grow from there.

"We're really looking for something that the community can take ownership of," Craig says. "Some of the people that are on the margins are being forced out of healthy food."

The project's team has reached out to the community for feedback about what it needs. Organizers are conducting an online survey of Sackville residents that has received more than 200 responses in less than a week, and the results suggest a well of support for programs like cook-

ing lessons, community meals, low-cost fruit and vegetable markets and others — anything that helps feed hungry mouths.

There are a handful of programs that touch on food-related issues, says Craig, but this "piecemeal" approach hasn't tackled what appears to be a substantial problem in Sack-

ville. Kids are turning to the local library to feed themselves on a daily basis, he says, and residents are driving far from their homes in pursuit of affordable groceries.

The project is still in its early phases, says Craig, and the team is modelling their plans after similar programs that have

been successful elsewhere.

"The same needs that a lot of communities are facing in the HRM ... that need exists in Sackville as well," Craig says. It's tapping into an awareness that food security is something people need to take control of in their communities."

ADINA BRESGE/FOR METRO

First-timers are eager to hit the ground running

CEREMONY

New regional councillors are sworn in — now they get to work



Zane Woodford
Metro | Halifax

Meet your new councillors, Halifax.

The new Halifax regional council was sworn in during a cheerful ceremony at NSCC's Waterfront Campus in Dartmouth on Tuesday evening.

The 16 incoming councillors pledged their allegiance to the queen and vowed to "truthfully, faithfully and impartially execute" their duties as councillors for the next four years. They also got shiny medals.

Five of those 16 were reciting that oath for the first time, and Metro caught up with them to find out what they planned to do first in council chambers.

Coun. Sam Austin, District 5 — Dartmouth Centre

Austin said the first item on his agenda is to "learn the office" and get his bearings.

"I think it's going to be an interesting dynamic for everyone to learn and adjust to because there's the things you want to get off the ground, and then there's gonna be the things that come at you," he said after being sworn in Tuesday night.



New councillors Shawn Cleary and Lindell Smith share a laugh with returning councillors Wayne Mason and Tony Mancini during a swearing in ceremony Tuesday. JEFF HARPER/METRO

But after learning the ropes, he's got two main priorities.

"The big two that I look at every time in Dartmouth is the Centre Plan because that's gonna shape development in our community, and daylighting Sawmill River," he said.

Coun. Lindell Smith, District 8 — Peninsula North

Smith calls himself a "relationship builder," and said the first thing he wants to do is get to know the municipal staff.

"All the other things are gonna come with meetings and reports, but my personal priority is meet

the staff, and try to get an understanding of what's happening in the departments, try to get to know who's who and who does what, because the brain of the city is our staff that are doing all the day to day tasks," he said. "That way I can know how to hit the ground and run."

Coun. Shawn Cleary, District 9 — Halifax West Armdale

Cleary said he's got lots to accomplish over the next four years, but he has no trouble picking the first topic.

"There's a hundred things I want to get done, but under

one umbrella, is safer streets," he said, just after the ceremony.

That could mean "anything from more marked crosswalks to a more connected network of bike lanes to slower traffic on our residential side streets."

After that, he's got a long list, "from transparency to accountability to environmental sustainability to financial sustainability."

"But I think we need to get working on safer streets and re-prioritize our streets: people, bikes, transit. Cars should be the last thing, right now they're the reverse," he said.

Coun. Richard Zurawski, District 12 — Timberlea/Beechville/Clayton Park/Wedge-wood

Zurawski thinks "there'd be a fair amount of hubris" on his part to say he wants to get anything specific done, so to start, he just wants to listen.

"I've got two ears and a mouth, and I'm gonna take it in that order," he said before the ceremony.

"I think the idea of, 'I'm gonna go there and do this or do that' is a bit premature."

Plus, what he wants could change.

"We're on the cusp of many, many things, and what I want or what I think I want will change, so it's not as simple as what I want to push through," he said.

Coun. Lisa Blackburn, District 14 — Middle/Upper Sackville/Beaver Bank/Lucasville

The first thing on Blackburn's mind is transit.

"I want to get a bus to Lucasville," she said after being sworn in.

"Lucasville's never had a transit bus in its history and it's long overdue," she said. "And it's a wasted opportunity because you've got two major thoroughfares: you've got Hammonds Plains Road to the top and Sackville Drive to the bottom, and it's a natural connector, why isn't it being used?"

She'd also like to see an arts centre for the district "so artists and theatre groups and others have a place to perform."

MUNICIPAL ELECTION

Recount relief for Walker



Yvette d'Entremont
Metro | Halifax

After a judicial recount confirmed his Oct. 15 municipal election defeat to incumbent Russell Walker, Andrew Curran pledged to help his councillor anyway he can.

"It was a humbling and educational experience," Curran said as he left Nova Scotia Supreme Court on Tuesday following the judge's delivery of the official recount numbers.

Curran asked for the recount after coming second to Walker in District 10 by an original margin of 15 votes. When official numbers were posted Oct. 20, Walker moved ahead and the margin widened.

After Tuesday's judicial recount, the final tally was 2,026 votes for Walker and 1,992 for Curran (a difference of 34 votes).

"I was talking to Mr. Walker and I congratulated him and I told him that I'm hoping going forward that as an active member of the community I can work with him on improving some things," Curran said.

The Nov. 1 judicial recount wrapped up before 1 p.m., in plenty of time for Walker to attend Tuesday night's official swearing-in ceremony.

"I haven't stopped (working). The phone has never stopped, the emails have never stopped," Walker said.

"You have to wait for the official count then wait for the recount. You never count on anything until that happens."

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BILL 52

New bill could fix 'inequity' in commercial taxes: Expert

The executive director of the North End Business Association is happy to see a bill tabled in the Nova Scotia legislature giving Halifax more autonomy with its commercial taxes.

Bill 52, introduced Tuesday by municipal affairs minister Zach Churchill, would amend the municipal charter to give council the authority "to designate zones in which different tax rates can be set and applied to assessed property value or street frontage of properties."

"We think that these amendments can potentially have a very positive impact on the commercial tax issues that we've been seeing in areas like the North End, and Quinpool and other pockets of the city," said Patty Cuttall-Busby.

+ NEXT STEPS

The bill still has to go through second and third readings and committees before it's made law.

Cuttall-Busby said the current system, where there's one commercial tax rate across the city, puts small businesses at a disadvantage in growing areas.

"The effect has been skyrocketing property taxes, and in some cases, it's a deterrent from small property owners fixing up their properties because once you do that, your assessment goes up and you're paying taxes but you have no way to pay those taxes," she said.

Some property owners have seen the value of their land increase by 400 per cent, Cuttall-Busby said. She wants to see a more fairly distributed system.

"You have properties, like places on Agricola Street, that are paying three or four times more in taxes per square foot than big box retailers out in industrial retail parks," Cuttall-Busby said.

"At the same time you've seen little to no investment from the city in these areas where you see increasing assessments, and the cost to service these inner-city, more densely populated properties is actually less than in big retail parks. So there's an inequity there."

ZANE WOODFORD/METRO

Prisons to provide overdose treatment

JUSTICE SYSTEM

Move would allow frontline staff to handle fentanyl threat

The arrival of the highly potent opioid fentanyl in Nova Scotia is prompting the province's jails to move more quickly on a plan to provide frontline staff with a potentially life-saving overdose reversal drug, says the director of correctional services.

Sean Kelly said a final decision on whether to allow guards or other staff to provide naloxone in jail overdose cases hasn't been taken, but it is necessary to make the drug quickly available in the province's prisons.

"We need to have it accessible and immediately accessible in the event of a medical emergency, and I'll accept the opinion of the subject-matter experts in terms of how to properly make

it available," he said in an interview on Monday evening.

Paramedics who rush to the scene of prison overdoses normally carry naloxone.

However, in two cases over the past two-and-a-half years, inmates have died in prison cells from opioid overdoses and the existing response system wasn't able to revive them.

Jason LeBlanc, 42, died on Jan. 31 at the Cape Breton Correctional Facility from a combination of methadone and a tranquilizer, while 23-year-old Clayton Cromwell died in the Central Nova Correctional Facility in April of 2014 after overdosing on methadone.

Dr. Robert Strang, the chief medical officer, said last Friday the committee will look at the use of naloxone in a number of settings, including jails.

Kelly said the committee will report back early in the new year, but it's possible initiatives to prevent opioid overdoses will begin before then. THE CANADIAN PRESS



Clayton Cromwell. CONTRIBUTED

GOVERNMENT

Expense scandal forces warden from Liberal job

A key figure in a political contribution and municipal expense scandal in Nova Scotia has left his job with the provincial Liberal caucus.

Liberal caucus chairman Iain Rankin wouldn't say whether former Richmond County warden Steve Sampson was fired, but he confirmed Tuesday that Sampson is no longer working for the caucus office.

Rankin says he only learned that Sampson was no longer employed by the Liberals on Tuesday. The revelation comes a day after the release of an April 2014 email in which

Sampson told Richmond County councillors that they could be reimbursed for contributing \$300 to a Liberal party fundraiser, even though he also told them that as a municipal unit they could not make a contribution under election rules.

Elections Nova Scotia is investigating the donations to see whether they complied with the Elections Act.

The donations were singled out in a Grant Thornton forensic audit of municipal spending in Richmond County that was released last week.

THE CANADIAN PRESS

IN BRIEF

Police seeking new leads in 25-year-old investigation

Police are looking for new leads in the decades-old disappearance of a Quebec woman whose last known whereabouts were in Halifax.

Tuesday marks the 25th anniversary of the last time Leslie Anne Katnick was seen by her friends and family in Montreal.

Katnick's father reported her missing on November 4, 1991.

A police investigation found Katnick had registered for a several-night stay at the Halifax YMCA and used her bank card in the area. Halifax Regional Police describe Katnick's disappearance as "suspicious" and say foul play may be involved. METRO

NOTICE

Registration of Undertaking for Environmental Assessment ENVIRONMENT ACT

This is to advise that on November 2, 2016, Envirosoil Ltd. registered the Envirosoil Facility: Addition of Stabilization and Solidification Technology (2016) Project for environmental assessment, in accordance with Part IV of the *Environment Act*.

Envirosoil is located at 48 Quarrystone Drive (off 927 Rocky Lake Drive) in Bedford, Nova Scotia and has been in operation since 1992. The purpose of the proposed undertaking is to add new stabilization/solidification technology to the Envirosoil facility site to allow treatment of materials impacted with metals, petroleum hydrocarbons, polycyclic aromatic hydrocarbons, and salts. The proposed new treatment technology and treated materials disposal area will be established and operated on private land. Pending approval, the amendments to the existing facility will allow Envirosoil to enhance treatment capabilities and extend the current operations at their facility. Truck traffic on the site will be generally consistent with current operations.

Copies of the environmental assessment registration information may be examined at the following locations:

- Rocky Lake Pizza, 252 Rocky Lake Drive, Bedford, NS
- Bedford Public Library, 15 Dartmouth Road (Wardour Centre), Bedford, NS
- Nova Scotia Environment, 30 Damascus Road, Suite 115 Bedford Commons, Bedford, NS
- EA website (when available) <http://www.gov.ns.ca/nse/ea>

The public is invited to submit written comments to:

Environmental Assessment Branch
Nova Scotia Environment
P.O. Box 442, Halifax, NS, B3J 2P8

on or before **December 2, 2016** or contact the department at (902) 424-3600, (902) 424-6925 (Fax), or e-mail at EA@novascotia.ca.

All submissions received, including personal information, will be made available for public review upon request.

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Infrastructure 'need is great'

ECONOMY

Liberals eye major spending plans as tonic for growth

The federal Liberals are placing their hopes for economic growth on increased infrastructure spending and wooing foreign investment and talent to Canada.

In an economic update Tuesday afternoon, Finance Minister Bill Morneau revealed the Liberals intend to spend an additional \$81 billion over the coming 11 years on federal infrastructure projects.

"This is unprecedented in Canada's history, and it comes at a time when the need is great," Morneau told the House of Commons.

The Liberals are framing their double-down on infrastructure spending against the backdrop of a sluggish national economy and uncertain international growth.

Since the March budget, private sector forecasters have downgraded their expectations for the Canadian economy, predicting it will grow by 1.2 per cent in 2016-17, down from 1.4 per cent, and just 1 per cent in 2018-19, down from 2 per cent.

The slowdown is taking its toll on federal revenues, with this year's budget deficit now expected to come in at \$24.7 billion, after drawing on the \$6 billion that the Liberals had set aside as a rainy day fund. Indeed, the Liberals now expect to use that contingency fund in each of the coming five years.

ESTIMATED 2016-17 DEFICIT

\$25.1 billion

Morneau made no promises Tuesday as to when the federal government will balance the budget, saying only that the deficit spending is "fiscally prudent."

Private sector estimates expect Canada's debt-to-GDP ratio to remain relatively stable over the next five years, even with the increased borrowing.

Yet the plan for higher spending and deeper deficits drew the ire of the opposition Conservatives, who accused Prime Minister Justin Trudeau of "doubling down on his failed plan."

"The nightmare continues for taxpayers," interim Conservative leader Rona Ambrose told reporters.

"They claim, again, that growth can be achieved with just one more billion-dollar spending spree," she said.

Faced with forecasts of slow growth for years to come, the Liberals are betting that infrastructure spending — and lots

"Our communities need to keep people and goods moving. Our most vulnerable citizens need housing." Bill Morneau

of it — is one remedy.

The Liberals plan to spend an additional \$81 billion on infrastructure, over and above the \$14.4 billion announced in their maiden budget earlier this year.

Tabled shortly after they won power, that budget was sold as "phase one" of the government's infrastructure ambitions. Tuesday's update gave the framework for "phase two" and the Liberals' long-term plans for significant public investment in things like transit, "green" infrastructure and social infrastructure.

Total spending on new and existing infrastructure projects is expected to rise from \$13 billion in 2016-17 to \$17.5 billion

in 2019-20, the end of the Liberals' first mandate. Over the 11-year timeframe provided by Morneau on Tuesday, total infrastructure spending is expected to reach \$186.7 billion.

The new spending includes \$23 billion for public transit, \$21.9 billion for green projects such as water and waste water facilities, and \$21.9 billion for so-called social infrastructure such as affordable housing, cultural and recreational facilities.

The government has also tacked on two new priority categories for infrastructure funding: \$10.1 billion for projects that assist trade, and \$2 billion for rural and northern communities.



Bill Morneau delivers the fall economic update in the House of Commons on Tuesday.

ADRIAN WYLD/THE CANADIAN PRESS

The Liberals are also attempting to draw in both international talent and investment to Canada through a new set of initiatives. Morneau said the government will introduce legislation to create a new infrastructure bank, with \$35 billion available to try to leverage private sector investment in large infrastructure projects.

The government is also planning a new organization called Invest in Canada, backed by \$218 million in funding over five years. The organization is being pitched as a "high-impact sales force" to sell Canada to international investors.

Canada will also loosen the rules around foreign investment, including reviewing how the country applies national security exemptions to block such investment.

TORSTAR NEWS SERVICE

metroEXPLAINS THE DEFICIT

1. The deficit for 2016-17 is expected to be \$25.1 billion, but that does not include a rainy-day fund. In the spring budget, the government projected a \$29.4-billion deficit, but that number included a \$6-billion reserve.

2. The deficit is expected to shrink gradually over the coming five years to \$14.6 billion in 2021-22, not including any provisions set aside for a rainy day. There is no projection to balance the budget.

3. Over five years, the government will add a total of \$31.8 billion more to deficits than was expected in the last budget, mostly because of changes to expectations for the economy.

4. The debt burden — the size of the federal debt as a percentage of gross domestic product — will slowly slide to 30.4 per cent in 2021-22 from 31.8 per cent in 2016-17.

5. The government will set up a Canada Infrastructure Bank with seed capital of \$35 billion. Of that, \$15 billion will be taken from the \$60 billion in existing funds set aside for infrastructure and another \$20 billion will be financed and booked as equity or debt so as not to affect the government's bottom line.

6. The government will adopt a global skills strategy that will speed up work permits and visas for foreign workers.

7. The government will create a new Invest in Canada hub to attract foreign investment. It will also relax foreign investment restrictions somewhat.

THE CANADIAN PRESS



Activists from the Black Lives Matter movement lead the annual Pride Parade, in Toronto on July 3.

MARK BLINCH/THE CANADIAN PRESS

EQUALITY

UN group chides Canada for treatment of black people

A UN working group on issues affecting black people is raising alarm over poverty, poor health, low educational attainment and overrepresentation of African Canadians in justice and children's aid systems.

The findings were made by the United Nations Working Group of Experts on People of African Descent after its first cross-Canada mission in October.

Previous attempts to visit Canada by the group failed under the former Conservative government, but it was made possible this time with an invitation by the Trudeau Liberals.

"Canada's history of enslavement, racial segregation, and

marginalization, has had a deleterious impact on people of African descent which must be addressed in partnership with communities," the group wrote in its preliminary report.

Dena Smith of Toronto's African Canadian Legal Clinic was happy the working group acknowledged some of the key issues faced by the community.

While the findings and recommendations are not binding, Smith said they highlight the challenges faced by African Canadians for the international community and hopefully put more pressure on Ottawa to rectify the inequities.

"The situation is only going to get worse," said Smith. "We have families in the community

torn apart at an alarming rate. The future looks pretty bleak for our young people."

The UN delegation was in Toronto, Ottawa, Montreal and Halifax to meet with government officials, community members and rights groups to identify good practices and gaps in protecting the rights of black people.

"We look at Canada as a model in many ways when it comes to human rights protection. We appreciate Canada's effort in addressing discrimination in various forms, but no country is exempt from racism and racial discrimination," the working group's chair Ricardo Sunga said in an interview.

TORSTAR NEWS SERVICE

IN BRIEF

LGBTQ 'purged' from military, public service file class-action lawsuits

The Liberal government is facing Canada-wide class-action lawsuits filed on behalf of LGBTQ people who say they were forced out of their jobs in the military and government. "We have been waiting patiently for the federal government to take action to address these grievances," said Doug Elliott, a Toronto-based lawyer and gay rights activist. PM Justin Trudeau is expected to make a formal apology to people in the LGBTQ community for past discrimination sanctioned by the state.

THE CANADIAN PRESS

Candidates focus on one another

★ U.S. ELECTION ★

Clinton, Trump paint the other as total disaster

Donald Trump could draw the United States into nuclear war, Hillary Clinton warns. Clinton would plunge the country into a constitutional crisis, he says.

As the caustic presidential race lurches toward the finish line, each candidate is aggressively casting the other as a catastrophic choice for the White House. Making an affirmative case about their own qualifications and vision has become a secondary priority.

It's an ugly conclusion to a contest featuring two of the most unpopular presidential candidates in modern American politics. The sexual-assault accusations that have trailed



Hillary Clinton and Donald Trump are focusing less on their visions for the country. GETTY IMAGES/THE ASSOCIATED PRESS

Trump in the race's closing weeks and a new FBI review into Clinton's email habits seem likely to only reinforce the public's negative perceptions, leaving the candidates to essentially argue to voters that they're the best of two unappealing options.

"I would rather be here talking about nearly anything else," Clinton said Tuesday during a rally in Florida where she levelled a series of attacks on

Trump's character and preparedness for the White House. "But I can't just talk about all of the good things we want to do."

Trump's campaign rhetoric has always been dark, full of searing depictions of a crumbling nation, and he has not been shy about going negative on Clinton. He routinely calls her "Crooked Hillary" and "the most corrupt person ever to run for the White House."

THE ASSOCIATED PRESS



An Iraqi boy who was displaced from the village of Abu Shuwayhah, south of Mosul, carries a white flag as locals return to their village after the arrival of Iraqi forces. AFP/GETTY IMAGES

MOSUL

Major urban warfare lies ahead

Iraq's special forces fought their way into the outskirts of Mosul on Tuesday, taking its state television building despite resistance by Daesh that is only likely to stiffen when combat reaches the inner city.

It was the first time Iraqi troops have set foot in Mosul in more than two years. The advance was the start of what is likely to be a grueling and slow operation for the forces as they fend off booby traps and ambushes in difficult, house-to-house

fighting expected to take weeks.

Troops entered Gogjali, a neighbourhood inside Mosul's city limits, and later the outskirts of the more built-up Karama district, according to Maj. Gen. Sami al-Arifi of the Iraqi special forces.

Inside the village of Bazwaya, five kilometres east of Mosul, white flags hung from buildings, put up a day earlier by residents eager to show they would not resist the Iraqi forces' advance. Some residents stood outside their homes, and children raised

their hands with V-for-victory signs.

The families, estimated to number in the hundreds, will be evacuated from the village to a camp for displaced persons, said Brig. Gen. Haider Fadhil of the Iraqi special forces.

As the fighting raged on Mosul's outskirts, several of the newly displaced from Bazwaya could be seen carrying white flags as they drove a herd of some 150 sheep toward the camp.

THE ASSOCIATED PRESS

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SAMANTHA EMANN ON REAL EFFECTS OF DIGITAL HARASSMENT

Virtual reality is lifelike in a way we have never experienced. It's not a stretch to imagine that getting virtually groped or stalked can also feel real.



Virtual reality (VR) has become the Wild West of the gaming world. Immersive games that make use of 360-degree screens, lifelike controls and headsets like the Oculus Rift are a new frontier that is exciting and filled with the potential for great things.

But like the real Wild West, that freedom comes with a darker side. And one aspect of that is sexual harassment.

The way we talk about and handle sexual harassment and assault is changing, slowly, thanks in large part to women who spoke out and told their stories. And that's true in the virtual world, too.

Take Jordan Belamire (not her real name) who wrote on Medium.com about her experience being sexually harassed on the virtual multiplayer game QuiVr. A fellow player, after figuring out she was female, used his character to virtually rub her character's chest and genital area. Despite her efforts to dissuade and disengage, this player continued to follow her around the gaming space until, finally, she gave up and threw off her headset.

While sexual harassment in VR is not the same as real life, its effects need to be taken seriously.

"I've been groped in real life, once in a Starbucks in broad daylight. I know what it's like to happen in person," Belamire, 30, told CNN. "The shock and disgust I felt (in QuiVr) was not too far off from that."

But the feedback Belamire received on social media was reported to the tune of, "Please explain how someone can be assaulted in any form using VR. This seems to be someone

There is room to be sex-positive in the new virtual-reality world.



VIRTUAL VITRIOL It's not in players' or gaming companies' interest to let harassment continue, Samantha Emann writes. iStock

whining just to whine."

Experiencing games and apps in VR feels lifelike in a way we have never previously experienced. It's not a stretch to imagine that negative things, like getting virtually groped or stalked, can also feel real. Yet we are supposed to treat it like just another game.

And, as tech journalist Taylor Lorenz told me, it's not in any company's best interest to have sexual harassment on their platform. No one wants to pay for an unpleasant or even traumatizing experience.

In response to Belamire, QuiVr's developers started allowing players to choose to put a virtual shield around their character, which makes both the target and the harasser invisible to one another.

I applaud them for offering a solution that gives some power to those being harassed. But I believe that's not enough. It's a Band-Aid. It's too focused on victims and not enough on reprimanding perpetra-

tors. There needs to be consequences for virtual creeps within the games themselves, including banning serial harassers from being allowed to play at all. Some companies are already doing things like this.

Keeping sexual harassment out of gaming doesn't mean keeping sex out of it. There is also room to be sex-positive in this new VR world — with the right education.

"We have to have intelligent conversations and thoughtful sexual experiences through games because we are bridging that gap between what is real and what is not ... and it's not wrong to want to go and try and experience something in VR that is along pornographic lines as long as everything is consensual," said Leah Jewer, the co-founder of Girls on Games, an organization that promotes gender diversity and inclusivity in gaming.

Her co-founder, Catherine Smith-Desbiens, told me sexual

harassment is "not just a symptom of the gaming world, it's a symptom of rape culture. It's a very systemic problem. We have to attack the trolls the same way we have to convict the sexual offenders."

Admitting virtual harassment is a problem is not equating it to real-life assault.

The adage "Boys will be boys" is no longer an acceptable excuse for violating and harmful conduct. We cannot be content with "Trolls will be trolls," either.

It's not who we are, as gamers or as people. And if more of us are willing to talk about this issue, instead of scoffing at it, the better off our diverse and inclusive virtual community will be.

Samantha Emann (@smemann) is a copy editor. She is a co-host of Scrub League, Metro's podcast on competitive gaming. (metronews.ca/scrubleague).

VICKY MOCHAMA

Down with the made-up idea that makeup is a tool of the patriarchy

I recently got into the habit of watching makeup tutorials before bed. You can find them all over social media. I have seen countless tutorials, yet my eye shadow strategy still amounts to "smudge some stuff around your eyes." But in watching people transform themselves with makeup, I've had to think about my relationship with it.

As a pre-bed ritual, these videos fascinate because they're like home renovation shows. Every one is like a mini episode of *Holmes on Homes*. I know I will never remember how to shift a load-bearing wall, but I can admire how the new open-concept living room/kitchen makes the house feel bigger. Makeup is a personal renovation; even covering up can reveal something new.

Some of the magic relies on contouring, which uses bronzers, concealers and foundations to give shape to one's face. That we can slightly shift our noses with high-level brushwork and a minimum of three products is nothing less than a true merger of art and science.

Inspired by this, I wander into a beauty emporium to pick up some of the products that I've seen. At Sephora, a glamorous creature in black asks all questions that I had not thought of: "What's your skin type?" "Do you have an angled brush set at home?" "What are you trying to achieve with your eyebrows?"

The answers in order: Visible, I've never seen one

but anything's possible, and world domination.

Once, I answered 'combination skin' because 'all of the above' is a plausible answer. The employee lifts my chin with a single finger, peers at me and says, "Oh, no. You have dry skin." And he was right! I have had my skin on my face for my whole life, yet I never noticed that it was dry. This stunning beautician was my personal Mike Holmes and he was here to make it right.

I used to believe that makeup was yet another tool of the patriarchy. The extra 20 minutes I spent getting ready was one more way that men had tricked me into wasting my own time. I could have been learning the sciences or how to do a lay-up in that time.

But as it turns out, the fact that I can't do a lay-up has nothing to do with the patriarchy or my blush. It's mostly that I'm not interested. As CoverGirl has shown in appointing its first male CoverGirl, makeup isn't inherently about gender, or feminism for that matter. There are things that some people are interested in — like watching people put makeup on — and things they are not, like whether one's skin is dry or combination.

At some point in your feminist education, you learn that pretty much everything is a construct. Race is a construct. Gender is a set of ideas and performance.

If everything is made up, then why not your face?

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BOOK EXCERPT SLOWER IS BETTER BY RICARDO



Richardo Larrivée PROVIDED

Ricardo Larrivée is back with 75 new delicious recipes — including some amazing vegetarian dishes, moth-watering desserts, breakfasts and more — in *Slower Is Better: From a Taco Fiesta to Chocolate Pudding Cake* (HarperCollins).

Following the success of his other book, *Slow Cooker Favourites: From Lasagne to Creme Brulee*, Larrivée continues to offer some great new slow-cooking options, showing foodies how to make cooking easier, more efficient and tastier than ever before.

The following two recipe excerpts are perfect options for a weeknight meal or a weekend treat.

Ribs with a nod to tradition

Marsala-braised short ribs

Preparation: 45 minutes
Cooking: 8 hours
Servings: 4
Warm: Up to 6 hours. Freezes well

Short ribs are usually spotted on restaurant menus, which is why these have major star quality. The slight sweetness is courtesy of the dried currants, and the texture is a nod to traditional pork ribs. Except these are beef. And much fancier.

Ingredients:

- 3 tbsp (45 ml) cornstarch
- 2 cups (500 ml) beef broth
- 4 lb (1.8 kg) beef short ribs, cut between each bone
- 2 tbsp (30 ml) olive oil
- 1 1/2 cups (375 ml) Marsala wine
- 2 cups (500 ml) veal stock
- 2 oz (55 g) chorizo sausage, diced
- 1/4 cup (35 g) dried currants
- 4 shallots, cut into thick slices
- 2 carrots, cut into small dice
- 2 stalks celery, cut into small dice



WINE

Wine pairing

A red wine from the Douro region of Portugal pairs perfectly with these short ribs: It offers just enough tannin to create contrast and ripe fruit flavours to complement the sauce.

RICARDO LARRIVÉE

- 1 sprig fresh thyme
- Salt and pepper

Directions:

1. In a bowl, dissolve the cornstarch in the broth. Set aside.

2. In a large skillet over high heat, brown half of the meat at a time in the oil. Season with salt and pepper. Transfer to the slow cooker. Deglaze the skillet with the Marsala. Let reduce for 1 minute. Add the broth mixture and the veal stock. Bring to a boil, stirring constantly. Pour into the slow cooker.

3. Add the remaining ingredients. Cover and cook on Low for 8 hours. It can be maintained on Warm for up to 6 hours.

4. Serve with Barley Risotto and a vegetable of your choice.

Vegetable frittata

Preparation: 30 minutes
Cooking: 3 hours
Servings: 8
Warm: Up to 1 hour

This dish is twice as nice: a sumptuous, custardy omelet for dinner, and a frittata sandwich the next day — your new lunch staple. Get cracking!

Ingredients:

- 2 tbsp (30 ml) unbleached all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 10 eggs
- 1 1/2 cups (375 ml) milk
- 4 cups (95 g) baby spinach, chopped

ach, chopped

- 2 cups (140 g) small broccoli florets
- 2 large tomatoes, seeded and diced
- 2 green onions, thinly sliced
- 1 cup (100 g) grated mozzarella cheese
- 1/4 cup (20 g) grated Parmigiano-Reggiano cheese
- 1/4 cup (10 g) chopped fresh basil
- Pepper

Directions:

1. Butter the inside of the slow cooker and line the bottom with a strip of parchment paper, letting it extend upward on two sides.

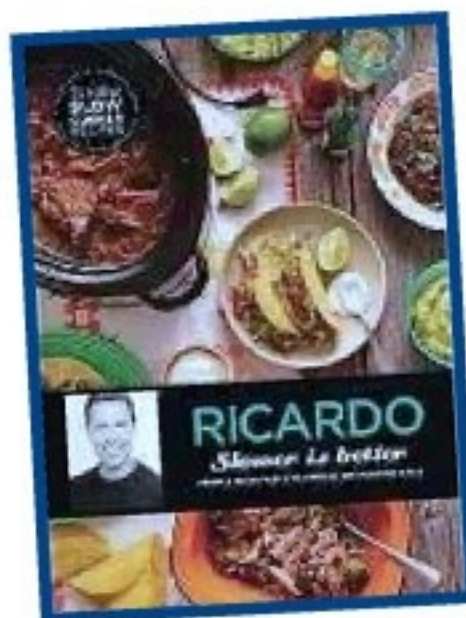
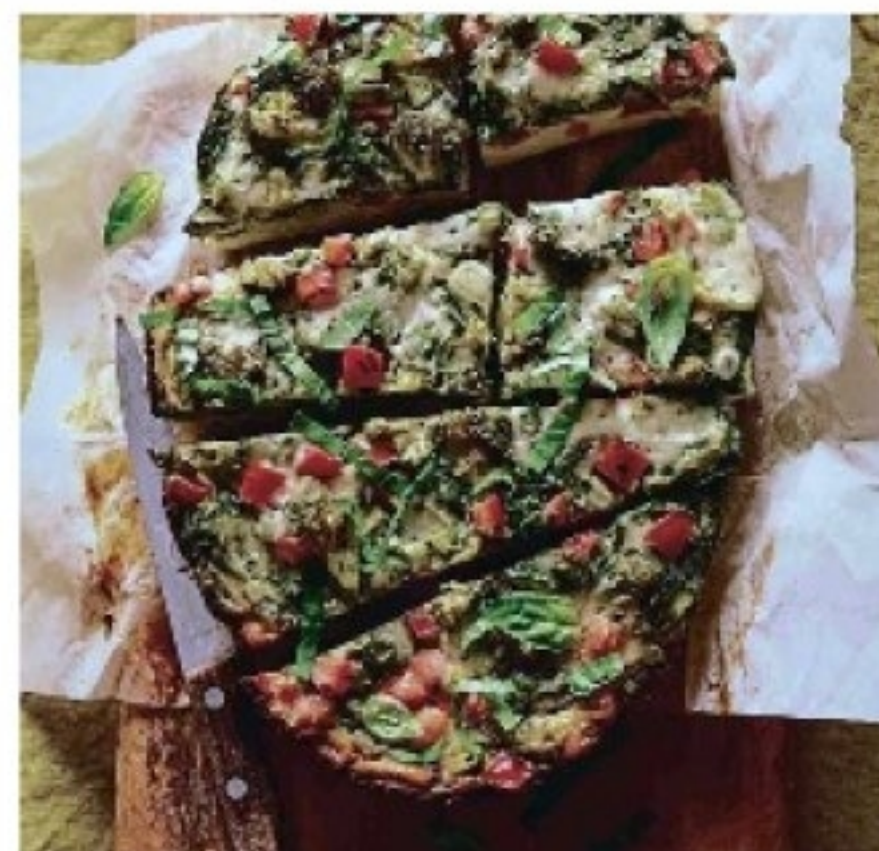
2. In a bowl, combine the

flour, baking powder and salt. Whisk in the eggs until smooth. Stir in the milk. Add the vegetables and half the mozzarella cheese (1/2 cup/50 g). Season with pepper. Pour into the slow cooker. Sprinkle with the remaining mozzarella (1/2 cup/50 g) and the Parmesan cheese.

3. Cover and cook on Low for 3 hours. It can be maintained on Warm for up to 1 hour.

4. Run the blade of a knife between the unlined portion of the cooker and the frittata. Remove the frittata from the slow cooker. Sprinkle with the basil.

5. Serve warm or cold.



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Family drama preaches to the secular choir

THE SHOW: *This Is Us* (CTV)
Season 1, Episode 4
THE MOMENT: The sermon in the store

Randall (Sterling K. Brown), who was adopted at birth by a white family, is shopping for pants with his birth father William (Ron Cephas Jones), whom he met only recently. Earlier, Randall's neighbor had called security because she thought William was a vagrant, and Randall had waved off the incident.

"You didn't like me apologizing for you," Randall says now. "Because I grew up in a white house, you think I don't live in a black man's world."

William protests, but Randall continues: "You know the one — where that salesman has been eyeballing us ever since we came in. Where they'll ask for an ID with my credit card, even though they haven't asked for anybody else's. Plus a million things every day that I have to choose to let go. Just so I'm not pissed off all the time. Now try on the damn flat-front chinos."



Sterling K. Brown gives a nuanced performance as adoptee Randall in CTV's *This Is Us*. CONTRIBUTED

This Is Us is the kind of precision-crafted, network family drama — think *Parenthood*, *Brothers & Sisters*, thirtysomething — that acts as a secular church, communicating to us the rules of civil society. We witness good people navigating life's quandaries, and assess whether their choices are right or wrong.

This may seem square given our current jones for antiheroes, where we delight in watching

flawed people make bad choices. But as last May's record-breaking response to the teaser trailer for *This Is Us* proved (60 million Facebook and YouTube views), if a secular-sermon show is written and cast as well as this one, there's a real hunger for it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Payton's new role full of charisma

INTERVIEW

Walking Dead actor went from fandom to King Ezekiel

The *Walking Dead*'s newest cast member, Khary Payton, stands behind the show's controversial season 7 premiere, noting "it was a brutal episode but it was also six years in the making."

Payton's new character, King Ezekiel, was introduced in Sunday's episode, a week after the gruesome season opener in which two characters were killed in vicious fashion.

"This is a zombie apocalypse — you're going to lose people that you care about," Payton said Monday in a phone interview.

"I think if it happened in a Shakespearean way in which all the action takes place offstage and someone just runs in and tells you Glenn died, everybody is going to be disappointed. There's a certain amount that you have to experience in order for you to be satisfied, from a storytelling aspect."

"And the truth is that if you've been connecting with characters for several years and you're invested in them, it's supposed to be brutal when they go — that means that they meant something to you and that's what we're trying to do with this show. And frankly, if there is no conflict, then there is no drama."

As leader of a community called the Kingdom, Payton's charismatic character sits on a throne with a snarling tiger (which is created with special effects in post-production) by his side. He offers his followers protection from threats in the outside world — be they living or dead. He appears to be an



The *Walking Dead*'s newest cast member, Khary Payton, who plays King Ezekiel, stands behind the show's controversial season 7 premiere. THE CANADIAN PRESS/HO-AMC, GENE PAGE

ally for Rick and his group, who are reeling from their deadly encounter with Negan and his gang, the Saviors.

Payton, who hails from Georgia, acknowledges there is a duality to friendly King Ezekiel.

"I think when you're living in a crazy world, you've got to somehow deal with it in maybe an unconventional way," said Payton.

Payton said he was a fan of the show before landing the role, so it was easy to integrate himself into the cast. But he had to keep the part a secret.

"... It was kind of a weird experience to get the biggest job of my life and not be able to say a word about it," he said.

Payton couldn't say much about future episodes, but noted that when it comes to fighting villains, there's more at play.

"I think the thing that you fight in this show is your own sense of humanity and how much of your humanity you're willing to give away to fight, to survive," he said. "The villains may change but at the end of the day the fight is within really yourself." THE CANADIAN PRESS



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The Cruze leaves smiles for miles



REVIEW

Five-door adds a sporty option to the Chevy family

Michael Accardi
AutoGuide.com

In the perpetual renaissance city of Detroit, Chevrolet has introduced a car it hopes will spark a five-door renaissance in North America: the 2017 Cruze Hatchback.

This marks the first time North American shoppers are offered the Cruze in multiple body shapes, and Chevrolet is hoping the hatch's 47.2 cubic feet of cargo capacity, coupled with the brand's commitment to connectivity, will help introduce the Cruze to a new set of buyers.

The Mexican-made five-door gives the Cruze lineup a functional and sporty-ish choice that the brand hopes will appeal to a more male, more affluent and more urban-centered user base than the sedan.

Further aiding Chevy's drum for new drivers is the addition of a 1.6-liter diesel engine in 2017, which will be available at multiple price points across the Cruze family in the hopes of courting spurned Volkswagen TDI lovers.

Premier shoppers can go one further and opt for the

Driver Confidence II Package, which adds IntelliBeam automatic highbeam control, forward collision alert, following distance indicator, and lane departure warning with lane keep assist.

The 153-horsepower 1.4-liter turbocharged four-cylinder carries over from the sedan, as does its 106.3-in wheelbase, the biggest change — besides its new found booty — is an eight-inch shorter overall length, which conspires to change everything.

Inside, the new hatchback posts its most significant gains over the four-door in carrying capacity, dwarfing its sibling by almost double with the seats up, and triple with the seats down. I was told the sedan and hatch actually share rear doors, as evidenced in the modest headspace gains, but the five-door does add a feeling of airiness along with improved rearward visibility.

The 2017 Chevrolet Cruze Hatchback isn't a car that will make memories in and of itself, but instead, it's a tool that Chevy hopes will offer shoppers the freedom to make new memories wherever the road may take them.

No, it's not a Focus RS, Civic Type R, or even a VW GTI, but that doesn't mean the 2017 Cruze hatch doesn't have plenty of smiles-per-miles potential. It's just a different type of smile, one that doesn't come from the visceral thrill of driving, but from the warm and fuzzy memories of a time well had.

THE CHECKLIST | 2017 CHEVROLET CRUZE HATCHBACK

THE BASICS

Engine: 1.4L turbo 4-cylinder
Power: 153 hp, 177 lb-ft of torque
Transmissions: 6-speed manual, 6-speed automatic
Fuel Economy (L/100km): 8.3 city, 6.4 hwy, 7.4 combined (LT manual)
Price: \$20,595



LOVE IT

- Rigid chassis = more fun
- Sharp styling
- Light and airy cabin

LEAVE IT

- Tire noise in Premier trim
- Manual gearbox is boring
- Automatic feels slow
- Still no spice

TECHNOLOGY

Tesla taking turn toward self-driving



Jason Siu
AutoGuide.com

Tesla has announced that all vehicles being produced now will have full self-driving hardware.

Although it's not quite the Tesla Model 3 "part 2" announcement many were anticipating, the American electric automaker has confirmed that all new vehicles being produced now will have the hardware necessary for the vehicle to be fully autonomous. That includes

the upcoming Model 3 as Tesla continues to focus on building up its Autopilot software despite all the controversy currently surrounding it.

In total, eight surround cameras will be used to provide 360-degree visibility around the car at up to 250 meters of range, Tesla said in a blog post. In addition, 12 updated ultrasonic sensors will complement the vision, allowing for detection of both hard and soft objects at nearly twice the distance of the prior system. There will also be a forward-facing radar

with enhanced processing to provide additional data about the world on a redundant wavelength that is capable of seeing through heavy rain, fog, dust and even the car ahead.

In order to make the new system work, Tesla vehicles will be outfitted with a new onboard computer that the company claims has more than 40 times the computing power of the previous-generation unit. The computer will run the new Tesla-developed neural net for vision, sonar, and radar processing software.

Both Model S and Model X vehicles with the new hardware are already in production, and customers can purchase one today. But before the company can activate the new hardware, it has to further calibrate the new system using real-world driving data. Interestingly enough, Tesla vehicles with the new hardware will temporarily lack certain features that current Tesla vehicles have with first-generation Autopilot hardware, including automatic emergency braking, collision warning, lane holding and active cruise control.



Tesla Model S on display in downtown Los Angeles. RICHARD VOGEL/THE ASSOCIATED PRESS



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Halifax curling legend Jones walks down Hall of Fame

INDUCTIONS

Halgonian Holloway and others join the world champ

Colleen Jones has fond memories of the many curling titles she won over her long career. The victories that came after being told she couldn't repeat her early success have always stuck with her.

"That leap and excitement of winning again, it stays with you. It just is forever in your body," Jones said Tuesday after receiving her jacket as an honoured member of Canada's Sports Hall of Fame.



Sue Holloway
THE CANADIAN PRESS

"You can almost call it up whenever you need a lift. You say, 'Remember that moment you did what people thought you couldn't do?'"

Jones was only 22 when she won her first national women's title in 1982. Her competitive curling career slowed in the following years as she focused on her career, marriage and family.

There were naysayers who didn't think her Nova Scotia rink could win a second cham-

pionship. Jones recalled people telling her, "You'll never win again," but her team persevered to take the 1999 Canadian crown and four straight titles from 2001 to 2004.

"There are so many moments that sport has given me," Jones said. "My life is better for it. Part of it is the friendships, part of it is the discipline, part of it is that joy of winning. Part of it is that hatred of failing that you went through."

"All of that has combined to make you who you are."

Jones, a two-time world champion from Halifax, was rewarded for her accomplishments Tuesday at the Four Seasons Centre for the Performing Arts. Canada's Sports Hall of Fame also welcomed former CFL star Mike (Pinball) Clemons, Paralympian Stephanie Dixon, another Halgonian in cross-country skier/kayaker Sue Holloway, former NHL star Bryan Trottier and speedskater Annie Perreault.

Dr. Frank Hayden, who created the Special Olympics, enters in the builder category. The formal induction ceremony was scheduled for Tuesday night.

Holloway became the first woman to compete in two Olympics in the same year when she appeared in the 1976 Summer Games (canoe) and Winter Games (cross-country skiing).

Clemons, a resident of Oakville, Ont., won three Grey Cups over 12 seasons in Toronto and later added another title as Argo-



Colleen Jones turns to Colin MacDonald, the chairman of the board of governors for Canadian Sports Hall of Fame, following her jacket presentation during her formal induction into Canada's Sports Hall of Fame, in Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS



There are so many moments that sport has given to me.

Colleen Jones

nauts head coach. He was the league's outstanding player in 1990 and was the CFL's all-time leader in combined yards (25,438) when he retired in 2000. Trottier won four Stanley

Cups with a New York Islanders team that dominated the NHL in the early 1980s. The Val Marie, Sask., native added two more Cups with the Pittsburgh Penguins and was an assistant coach with the Cup-winning Colorado Avalanche in 2001.

Dixon, from Brampton, Ont., captured 19 swimming medals over three Paralympic Games. She also won seven medals at the Parapan Am Games over her career.

Perreault, a three-time Olym-

pian from Rock Forest, Que., won four world titles with the Canadian women's 3,000-metre short-track relay team. She captured Olympic gold at the 1992 Albertville Games and the 1998 Games in Nagano.

Hayden, a Windsor, Ont., native, founded the Special Olympics and later created Special Olympics International. Today, over 4.4 million athletes from more than 170 countries compete in the Special Olympics.

THE CANADIAN PRESS

GOLF

Bahamas return for Tiger

Tiger Woods said Tuesday he is playing his Hero World Challenge in the Bahamas the first week of December, which would be his first competition in more than 15 months if he follows through with it.

Woods left himself open to doubt by entering the Safeway Open last month, only to pull out three days later when he said his game was not ready. "I am excited to make my return at the Hero World Challenge at Albany," he said in a news release that announced the 18-man field for the unofficial tournament that awards world ranking points but is not part of any tour.

Woods is the tournament host of a holiday event that began in 1999. He is a five-time winner, all of those victories coming at Sherwood Country Club in Thousand Oaks, Calif., before the tournament moved to Isleworth in Florida and then to the Bahamas.

Woods, now at No. 831 in the world ranking, last played in the Wyndham Championship in August 2015 when he tied for 10th. He had two back surgeries over the next few months and has said he would not return until fully healthy.

THE ASSOCIATED PRESS

831

Tiger Woods' current world ranking.



WORLD SERIES INDIANS HOPE HOME COMFORTS PAY OFF
Cleveland fans line up outside of Progressive Field ahead of Game 6 of the World Series between the Indians and the Chicago Cubs on Tuesday. With a 3-2 series lead, the hosts had the opportunity to win their first World Series since 1948. Go to metronews.ca for the result of this game and more. CHARLIE RIEDEL/THE ASSOCIATED PRESS

IN BRIEF

3-point master Allen retires

Ray Allen announced his retirement from the NBA on Tuesday, ending a career that saw him make more three-pointers than any player in league history and win championships with Boston and Miami.

Allen last played with the Heat in 2014. Allen spent 18 seasons in the league with Milwaukee, Seattle, the Celtics and then the Heat. He made 2,973 three-pointers, 413 more than anyone else has to date.

THE ASSOCIATED PRESS

Nunes clash 'definitely one of my last fights,' says Rousey

Ronda Rousey says her bantamweight title shot against Amanda Nunes at UFC 207 will be one of her final mixed martial arts bouts.

The 29-year-old hasn't fought since November 2015, when she lost her title to Holly Holm.

"I'm wrapping it up," she said. "This is definitely one of my last fights, so everyone better watch, because the show isn't going to be around forever."

THE CANADIAN PRESS

NFL

Roethlisberger not ruled out for Ravens

Mike Tomlin isn't underestimating Ben Roethlisberger's healing powers. The Pittsburgh Steelers coach is keeping the door open for his franchise quarterback and his surgically repaired left knee to return on Sunday in Baltimore.

Roethlisberger tore cartilage in the knee during the second quarter of a loss to Miami on Oct. 16 and underwent outpatient surgery the following day. He stood on the sideline in sweatpants while backup Landry Jones played capably in a 27-16 loss to



Ben Roethlisberger
GETTY IMAGES

New England and was able to practise during Pittsburgh's bye week and again on Monday.

The main issues for Roethlisberger are swelling and pain tolerance, things that have hardly been a deterrent to Roethlisberger in the past. THE ASSOCIATED PRESS

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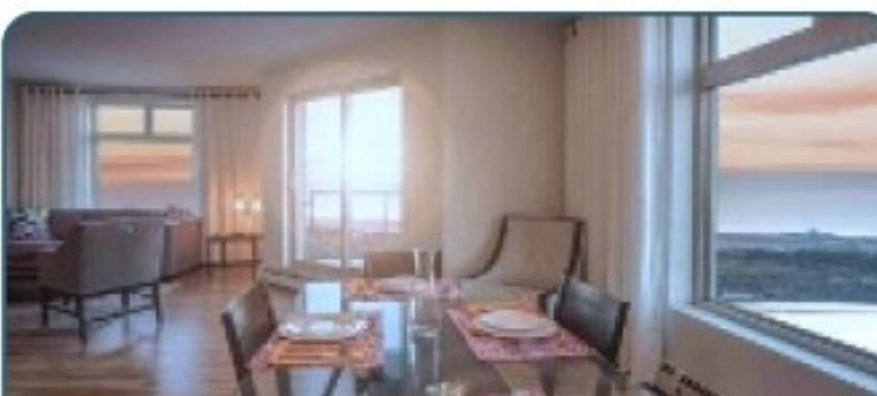
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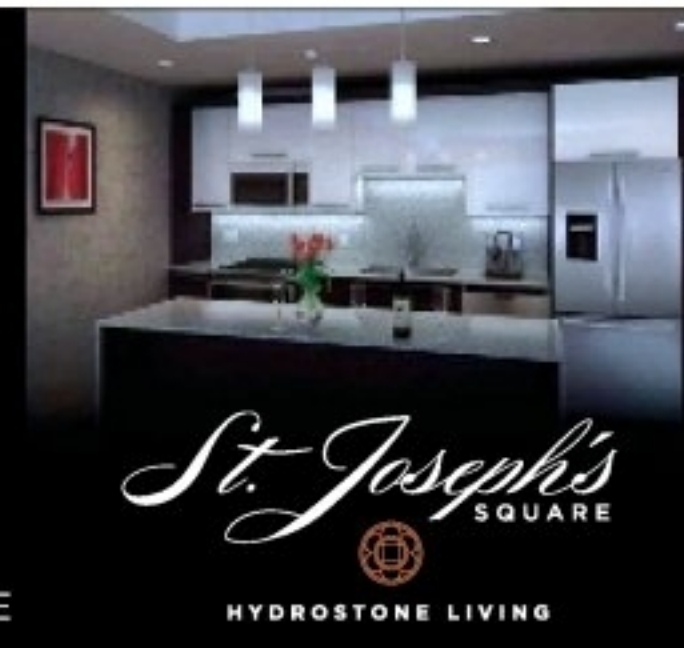
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RECIPE Easy Broccoli and Cheese Soup



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is there any need to sell this soup to you? It's got the two best sales pitches right in the name "easy" and "cheese." OK, broccoli gives you lots of vitamin C, but, honestly, does that compete with cheese?!

Ready in 35 minutes

Prep time: 10
Cook time: 25
Serves 4

Ingredients

- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, peeled potato
- 2 cloves garlic minced
- 1 jug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk

- 1 cup grated cheddar
- 1/4 cup grated Parmesan
- salt and pepper to taste

Directions

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

3. In small batches, ladle the broth and vegetables into your blender and puree. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

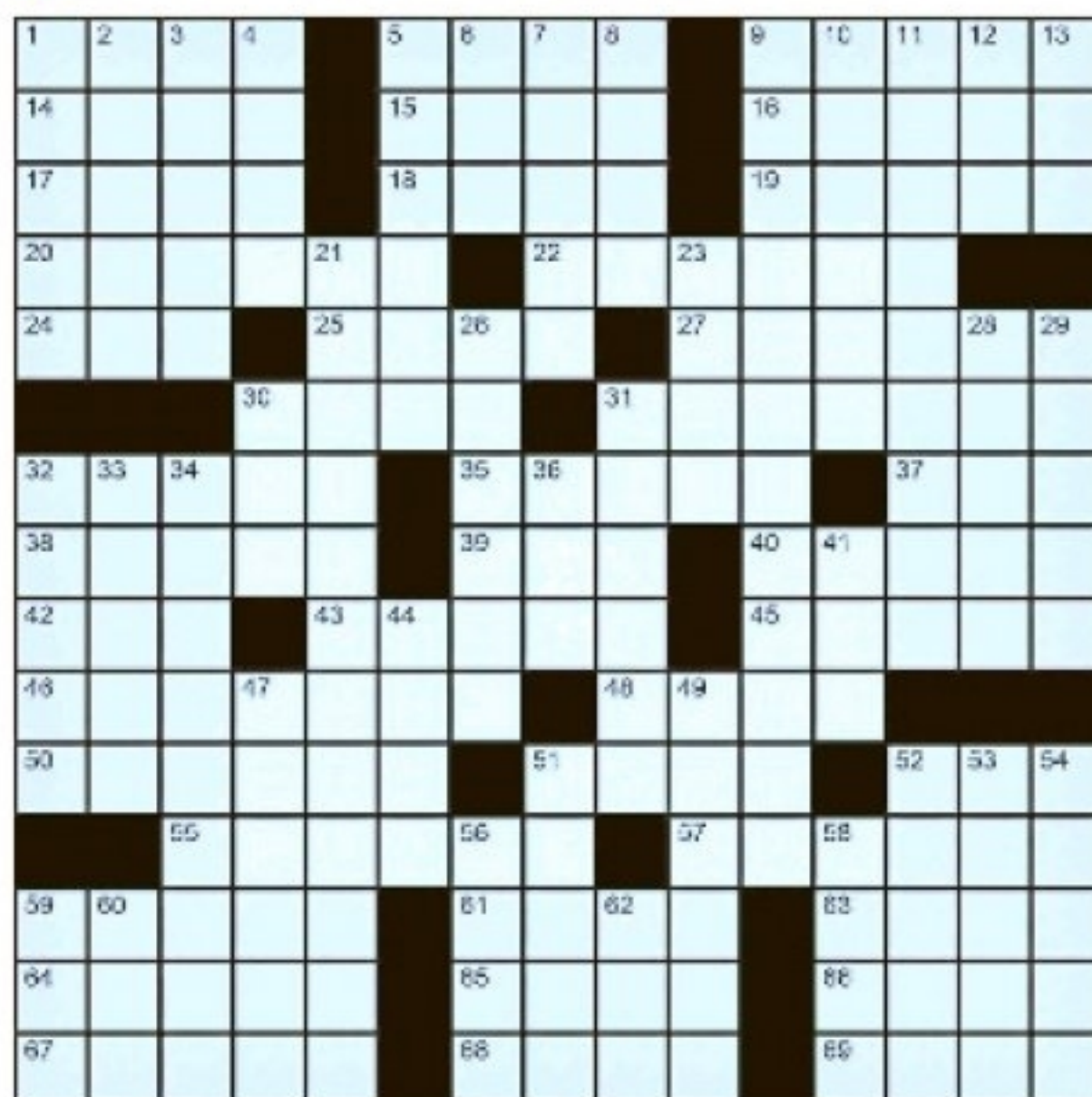
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- List-ending abbreviations
- de soie (Silk cloth)
- Pump-wearer's relievers
- Capital of Qatar
- Donations
- Extreme
- Egyptian sun god, variably
- up (Become tight-lipped)
- Birth-related
- Character in "The Jungle Book" (2016)
- Plotter's strategy
- Author Ms. Hinton, et al.
- Encumbrance
- Heavenly god in ancient Greek mythology
- donor (Unknown benefactor)
- 1988: "A Little Respect" duo
- Dog Night
- Relax
- Historic time hearings
- Wax-stripping site
- Someone who appraises
- Diction-ary abbr.
- Range in Quebec, Mountains
- Keeners
- Invent, as a story or idea: 2 wds.
- Bivouac
- Frozen fruity treat
- carpet
- of the Covenant



- and Delilah
- Memoirs of a (Arthur Golden novel)
- "Clueless"
- (1995) actress Ms. Donovan
- Knitting supply
- Luxury fashion label
- Coal

- TV/movies actor Rob
- Recipe instruction, pinch of salt
- 1991 Warren Beatty title movie gangster role
- Proofreading mark
- Airline reservations spot

DOWN

- Red wax cheeses
- From head-_-
- Enjoys gum
- Performed a ballad
- "Serpico" (1973) star Al
- Kay's alphabet-follower

- Accumulate
- "Gomer Pyle, M.D."
- Silent movie Western starring Canadian actress Mary Pickford's younger sister Lottie, "The Man from" (1918)
- Doubled-letter-beginning creatures

- Diminish in strength
- 1708 Attilio Ariosti opera, Amor Nemici
- "My Gal" (1942)
- "She said I don't know / Must be in my soul..." hit by Canadian band Chilli-wack: 2 wds.
- Catapult
- Take a fastener off the papers
- Cheering-on person
- Soothsayers
- Lingus (Irish airline)
- Ten person race placement
- Some amphibians
- Household bill, commonly
- Rapids (Watery wonder in New Brunswick)
- Fellows
- Do film work
- Disapproving utterances
- Puts down
- Wee raptor
- Nose-in-the-air type
- Hit's place on a vintage record
- Valerie Harper sitcom character
- 18- gold
- Stealth birds
- Ms. Lupino's
- Pol. abode in Ottawa
- Lucy of "Ally McBeal"
- Be beholden

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Travel plans look exciting! Talk to a close friend or partner about plans to expand your world through further studies, publishing or exploring new places.

Taurus April 21 - May 21
Financial discussions will go well today, especially if they refer to shared property, inheritances, taxes and debt. Even discussions that are work-related will financially benefit you.

Gemini May 22 - June 21
This is a good day to discuss business with others. It's also a good day to enjoy the company of others and just hang out with friends. Basically, you just want to be happy.

Cancer June 22 - July 23
You can accomplish a lot at work today because your relations with coworkers are positive. For some, work-related travel will be pleasant and profitable.

Leo July 24 - Aug. 23
This is a positive day, because the Moon is in your fellow Fire sign dancing with lucky Jupiter. This encourages happy, upbeat vibes with everyone you meet. Enjoy playful activities with children.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a good day to explore redecorating ideas that you have been considering.

Libra Sept. 24 - Oct. 23
This is a strong day for those of you who write, sell, market, teach or act, because your communication skills are strong. Enjoy conversations with siblings, relatives and neighbors.

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. You also will enjoy buying something for your home or exploring real estate possibilities.

Sagittarius Nov. 23 - Dec. 21
Today the Moon is in your sign dancing with your ruler, lucky Jupiter. That's why you feel happy, relaxed and content with the world. Things will tend to go your way today.

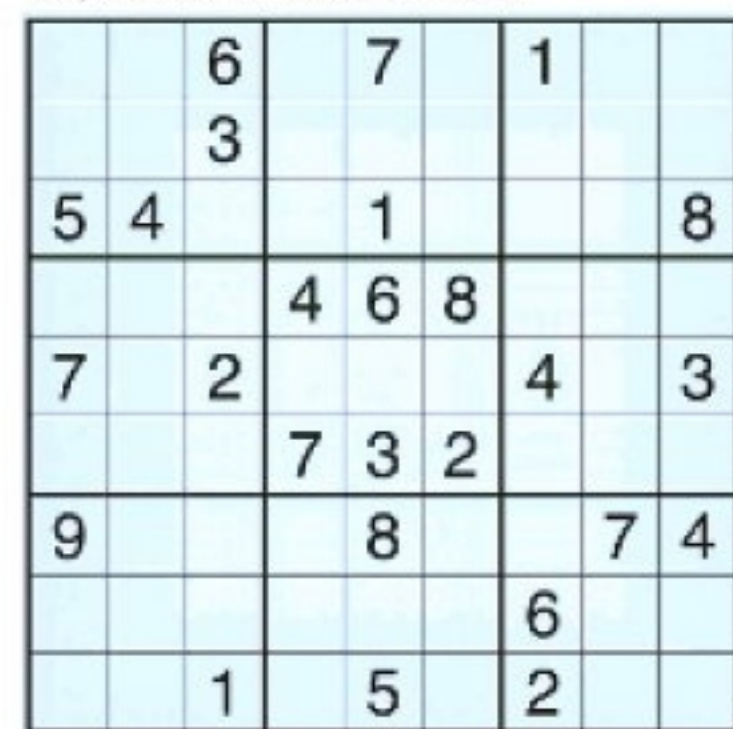
Capricorn Dec. 22 - Jan. 20
Solitude in beautiful surroundings will please you, so find a private moment just for yourself. Even a quiet cup of coffee with a newspaper will be a moment of luxury.

Aquarius Jan. 21 - Feb. 19
A female friend can help you today. Be open to offers of assistance. In turn, don't hesitate to ask someone for help.

Pisces Feb. 20 - March 20
Personal details about your private life are under discussion by others today. No worries, because things look positive. In fact, people are saying good things about you!

CONCEPTIS SUDOKU by Dave Green

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